

Spicy Roasted Chickpeas

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 5-7 mins | 30 mins | 35-37 mins |



Recipe by: Laura Bench

Category: Snack

Servings: about 3

Ingredients

1 can (15.5 oz) chickpeas (garbanzo beans), rinsed and drained

1 TB organic coconut oil, melted

½ tsp salt

¼ to ½ tsp cayenne pepper, depending how spicy you like it

Instructions

1. Preheat oven to 400°F. Lightly coat a baking sheet with cooking spray.
2. Drain the chickpeas and rinse in water. It's important to dry them really well. I laid them on paper towels and patted dry.
3. In a small mixing bowl, add chickpeas, coconut oil, salt & cayenne pepper. Mix together to coat the chickpeas well. Spread on baking sheet in one layer.
4. Place in the oven for 15 minutes. Move the chickpeas around to help them brown evenly. Return to oven for another 15 minutes.
5. Serve warm or room temperature. Store in an airtight container for 3 - 4 days.

Nutrition Info

Per Serving: ½ cup

Calories: 172

Total Fat: 6.7g

Carbs: 21g

Protein: 7g